



The Heart Speaks: A Cardiologist Reveals the Secret Language of Healing

Mimi Guarneri

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Dr. Mimi's book incorporates real life incidents and gives practical advice on how to keep the most vital organ healthy. The journey from the helplessness to prevent her mother's death from heart attack to being a successful cardiologist who knows how to heal is narrated in the form of anecdotes. She combines cutting edge technologies from the fields of both psychology and science to evolve her own dynamics of heart treatment. The alternative treatments received resistance from the lobby of doctors in power but she still took her chance and ultimately succeeded in saving several lives through her endeavours. The book elucidates several poignant stories like that of a truck driver who is saved by a young intern who takes time to listen to what he says and puts her medical career at stake to save him. There is another story of a middle-aged man, who in spite of having a sturdier body than most athletes, suffers major complications because of inability to come to terms with his young son's death and is warmly handled by Mimi. The silent heart-rending cry of another man is heard by not just a mere physician but a healer, who then encourages him to fulfill his long cherished dreams. The Heart Speaks is an eye-opener for doctors as well as people who believe that heart is just a physical organ and can be understood only in terms of arteries, veins and valves. Mimi Guarneri advocates that the multi-faceted heart as intelligent as the brain needs equal warmth and understanding to cope with the pressures of our everyday life. Dr. Mimi Guarneri is a member of the American College of Cardiology, Alpha Omega Alpha, the American Medical Women's Association and a diplomat of the American Holistic Medical Association. She has authored several articles that have appeared in journals such as the Journal of Echocardiography and the Annals of Internal Medicine.

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